

## ABSTRACT

A protective body garment is provided including a vest having a body with arm holes, the vest having an internal surface and an external surface, and a front that, when worn, is adjacent to a wearer's chest and stomach, sides that, when worn, are adjacent to the wearer's sides, a back that, when worn, is adjacent to the wearer's back, and a pair of shoulders that, when worn, are above the wearer's shoulders. The garment further includes penetration resistant armour located under the external surface of the vest and an inflatable flotation bladder in the form of a bag between the inner surface of the vest and the penetration resistant armour.